Listing of the Claims:

1. (Currently Amended) An A shelf-stable oatmeal composition, the oatmeal composition comprising a mixture of:

an oatmeal component having from about 50% to about 100% by weight of processed oats, based on the total weight of the oatmeal component; and

a vitamin C component blended with the oatmeal component so as to penetrate into a body of the oatmeal component and having from about 6 mg to about 1000 mg of a triple encapsulated vitamin C component, the triple encapsulated vitamin C component being selected from the group consisting of triple encapsulated ascorbic acid and triple encapsulated salts of ascorbic acid, wherein the triple encapsulated vitamin C component comprises at least one coating of an oil/fat constituent and at least one coating of a polymer constituent.

- 2. (Original) The oatmeal composition as in claim 1, wherein said processed oats comprises from about 60% to about 97.5% by weight, based upon the total weight of the oatmeal component.
- 3. (Original) The oatmeal composition as in claim 1, wherein said triple encapsulated vitamin C component comprises from about 6 mg to about 500 mg of the composition.
- 4. (Original) The oatmeal composition as in claim 1, wherein said triple encapsulated vitamin C component comprises from about 12 mg to about 250 mg of the composition.
- 5. (Original) The oatmeal composition as in claim I, wherein said triple encapsulated vitamin C component is triple encapsulated ascorbic acid.
- 6. (Original) The oatmeal composition as in claim 1, wherein said triple encapsulated vitamin C component is an alkali earth metal salt of ascorbic acid which has been triple encapsulated.
- 7. (Original) The oatmeal composition as in claim 6, wherein said triple encapsulated

vitamin C component is triple encapsulated sodium acerbate.

- 8. (Original) The oatmeal composition as in claim 6, wherein said triple encapsulated vitamin C component is triple encapsulated potassium ascorbate.
- 9. (Original) The oatmeal composition as in claim 6, wherein said triple encapsulated vitamin C component is triple encapsulated calcium ascorbate.
- 10. (Original) The oatmeal composition as in claim 1, wherein said triple encapsulated vitamin C component comprises at least one vegetable oil coating and at least one ethyl cellulose coating.
- 11. (Original) The oatmeal composition as in claim 1, wherein said triple encapsulated vitamin C component comprises two vegetable oil coatings and one ethyl cellulose coating.
- 12. (Original) The oatmeal composition as in claim 11, wherein said ethyl cellulose coating is between said two vegetable oil coatings.
- 13. (Original) The oatmeal composition as in claim 11, wherein said two vegetable oil coatings are of the same vegetable oil compound.
- 14. (Original) The oatmeal composition as in claim 11, wherein said two vegetable oil coatings are of different vegetable oil compounds.
- 15. (Currently Amended) An A shelf-stable oatmeal composition, the oatmeal composition comprising a mixture of:

an oatmeal component including: from about 50% to about 100% by weight processed oats; from about 0% to about 35% by weight sweetener; from about 0% to about 5% by weight salt; and from about 0% to about 5% of a vitamin and mineral blend, each % by weight being based upon the total weight of the oatmeal component; and

a vitamin C component blended with the oatmeal component so as to penetrate into a

body of the oatmeal component and having from about 6 mg to about 1000 mg of a triple encapsulated vitamin C component including: from about 6 mg to about 1000 mg of a triple encapsulated vitamin C component and being selected from the group consisting of triple encapsulated ascorbic acid and triple encapsulated salts of ascorbic acid wherein the triple encapsulated vitamin C component comprises at least one coating of an oil/fat constituent and at least one coating of a polymer constituent.

- 16. (Original) The oatmeal composition as in claim 15, wherein said oatmeal component further includes from about 0% to about 5% by weight of flavorings, based on the total weight of the oatmeal component.
- 17. (Original) The oatmeal composition as in claim 15, wherein said oatmeal component further includes from about 0% to about 5% by weight of a binding agent or texture modifying agent, based on the total weight of the oatmeal component.
- 18. (Original) The oatmeal composition as in claim 15, wherein said oatmeal component further includes from about 0% to about 25% by weight of inclusion pieces, based on the total weight of the oatmeal component.
- 19. (Original) The oatmeal composition as in claim 15, wherein said oatmeal component further includes: from about 0% to about 5% by weight of flavorings, based on the total weight of the oatmeal component; from about 0% to about 5% by weight of a binding agent or texture modifying agent, based on the total weight of the oatmeal component; and from about 0% to about 25% by weight of inclusion pieces, based on the total weight of the oatmeal component.
- 20. (Original) The oatmeal composition as in claim 15, wherein said processed oats comprises from about 60 to about 97.5% by weight, based upon the total weight of the oatmeal component.
- 21. (Original) The oatmeal composition as in claim 15, wherein said triple encapsulated vitamin C component comprises from about 6 mg to about 500 mg.

- 22. (Original) The oatmeal composition as in claim 15, wherein said triple encapsulated vitamin C component comprises from about 12 mg to about 250 mg.
- 23. (Original) The oatmeal composition of claim 15, wherein said sweetener comprises from about 5% to about 30% by weight of the oatmeal component.
- 24. (Original) The oatmeal composition of claim 15, wherein said salt comprises from about 0.5% to about 4.5% by weight of the oatmeal component.
- 25. (Original) The oatmeal composition of claim 16, wherein said flavorings comprise from about 0.5% to about 4.5% by weight of the oatmeal component.
- 26. (Original) The oatmeal composition of claim 17, wherein said binding agent or texture modifying agent is a gum which comprises from about 0.5% to about 4.5% by weight of the oatmeal component.
- 27. (Original) The oatmeal composition of claim 18, wherein said inclusion pieces comprise from about 3% to about 25% by weight of the oatmeal component.
- 28. (Original) The oatmeal composition of claim 27, wherein said inclusion pieces are selected from the group consisting of fruit originating materials and nut originating materials.
- 29. (Original) The oatmeal composition of claim 15, wherein said vitamin and mineral blend comprises from about 0.1% to about 3% by weight of the oatmeal composition.
- 30. (Original) The oatmeal composition of claim 29, wherein said vitamin and mineral blend excludes a vitamin C component.
- 31. (Original) The oatmeal composition as in claim 15, wherein said triple encapsulated vitamin C component is triple encapsulated ascorbic acid.

- 32. (Original) The oatmeal composition as in claim 15, wherein said triple encapsulated vitamin C component is a triple encapsulated alkali earth metal salt of ascorbic acid.
- 33. (Original) The oatmeal composition as in claim 32, wherein said triple encapsulated vitamin C component is triple encapsulated sodium ascorbate.
- 34. (Original) The oatmeal composition as in claim 32, wherein said triple encapsulated vitamin C component is triple encapsulated potassium ascorbate.
- 35. (Original) The oatmeal composition as in claim 32, wherein said triple encapsulated vitamin C component is triple encapsulated calcium ascorbate.
- 36. (Original) The oatmeal composition as in claim 15, wherein said triple encapsulated vitamin C component comprises at least one vegetable oil coating and at least one ethyl cellulose coating.
- 37. (Original) The oatmeal composition as in claim 36, wherein said triple encapsulated vitamin C component comprises two vegetable oil coatings and one ethyl cellulose coating.
- 38. (Original) The oatmeal composition as in claim 37, wherein said ethyl cellulose coating is between said two vegetable oil coatings.
- 39. (Original) The oatmeal composition as in claim 37, wherein said two vegetable oil coatings are of the same vegetable oil compound.
- 40. (Original) The oatmeal composition as in claim 37, wherein said two vegetable oil coatings are of different vegetable oil compounds.
- 41. (Currently Amended) An A shelf-stable oatmeal composition, the oatmeal composition comprising a mixture of:

an oatmeal component having from about 50% to about 100% by weight processed oats, based on the total weight of the oatmeal component;

and a vitamin C component having from about 10% to about 1667% of the recommended daily allowance of a vitamin C component selected from the group consisting of ascorbic acid and salts of ascorbic acid which has been triple encapsulated, wherein the triple encapsulated vitamin C component comprises at least one coating of an oil/fat constituent and at least one coating of a polymer constituent.

- 42. (Original) The oatmeal composition as in claim 41, wherein said processed oats comprises from about 60% to about 97.5% by weight, based upon the total weight of the oatmeal component.
- 43. (Original) The oatmeal composition as in claim 41, wherein said vitamin C component comprises from about 10% to about 833% of the recommended daily value of a vitamin C component which has been triple encapsulated.
- 44. (Original) The oatmeal composition as in claim 41, wherein said vitamin C component comprises from about 20% to about 417% of the recommended daily value of a vitamin C component which has been triple encapsulated.
- 45. (Original) The oatmeal composition as in claim 41, wherein said triple encapsulated vitamin C component is triple encapsulated ascorbic acid.
- 46. (Original) The oatmeal composition as in claim 41, wherein said triple encapsulated vitamin C component is an alkali earth metal salt of ascorbic acid which has been triple encapsulated.
- 47. (Original) The oatmeal composition as in claim 46, wherein said triple encapsulated vitamin C component is triple encapsulated sodium ascorbate.
- 48. (Original) The oatmeal composition as in claim 46, wherein said triple encapsulated

vitamin C component is triple encapsulated potassium ascorbate.

- 49. (Original) The oatmeal composition as in claim 46, wherein said triple encapsulated vitamin C component is triple encapsulated calcium ascorbate.
- 50. (Original) The oatmeal composition as in claim 41, wherein said triple encapsulated vitamin C component comprises a vegetable oil coating and an ethyl cellulose coating.
- 51. (Original) The oatmeal composition as in claim 41, wherein said triple encapsulated vitamin C component comprises two vegetable oil coatings and one ethyl cellulose coating.
- 52. (Original) The oatmeal composition as in claim 51, wherein said ethyl cellulose coating is between said two vegetable oil coatings.
- 53. (Original) The oatmeal composition as in claim 51, wherein said two vegetable oil coatings are of the same vegetable oil compound.
- 54. (Original) The oatmeal composition as in claim 51, wherein said two vegetable oil coatings are of different vegetable oil compounds.